

Smoked salmon pate with prawn and mango salad-Serves 6-8

For the pate

400g cream cheese	300g smoked salmon
2 tbsp horseradish sauce	juice ½ lemon
Freshly ground black pepper	1 small bunch of chives, finely chopped
Tortilla wraps cut into triangles	Mixed salad leaves
1 mango, finely chopped	300g cooked prawns
For the dressing	
½ small shallot, finely chopped	Zest and juice of ½ orange
Juice ½ lime	3 tbsp chopped fresh basil
5tbsp olive oil	Salt and pepper

1. To make the dressing, place the shallot, orange juice and zest, lime juice and basil into a bowl. Whisk to combine and then slowly whisk in the olive oil, season with the salt and pepper.
2. For the pate, whizz up the all of the ingredients except the chives, in a food processor until smooth.
3. Place in a bowl and chill until needed.
4. To make the tortilla bites, place the cut tortilla wraps into a bowl and drizzle with a little olive or rapeseed oil. Pre heat your oven to 180c. Place the wraps onto a tray and cook in the oven for 5-6 minutes until golden and crisp.
5. To serve, place a neat pile of salad leaves in the middle of a plate.
6. Sprinkle over some mango and prawns. Then top with some of the tortilla chips.
7. Pipe or spoon the pate on the plate.
8. Drizzle with the dressing.

Breast of chicken stuffed with pecans, bacon and cranberries-Serves 5

6 skinless chicken fillets	4 streaky bacon rashers, chopped
3 slices white bread, made into breadcrumb	1 garlic clove, finely chopped
50g dried cranberries	16 pecan nuts chopped
1 tsp dried mixed herbs	1 onion, finely chopped
20g unsalted butter	2 tbsp chopped fresh parsley
Salt and pepper	Olive oil for cooking

1. To make the stuffing, melt the butter in a saucepan over a medium heat.
2. Add the chopped onion, dried herbs, bacon, cranberries and garlic.
3. Slowly cook the mix, without colour, until the onions are soft. (approx 5-7 minutes).
4. When the onions are soft, remove from the heat and mix in the bread crumbs and the pecan nuts
5. Season with a little salt and pepper and mix in the chopped parsley.
6. Make a small pocket in each chicken breast.
7. Stuff the pocket with the stuffing
8. To cook the chicken, pre heat your oven to 200c.
9. Place a fryingpan on a high heat.
10. Add a little olive oil and then place the chicken breasts in the pan.
11. Seal each side of the chicken until they are golden all over.
12. Place the chicken in the oven and cook for 18-20 minutes until the chicken is cooked through.
13. Remove the chicken from the oven and allow to rest for 3-4 minutes before serving.

Filletts of Sea bass with tomato & herb dressing and herb crushed potatoes-Serves 6

12 Sea bass filletts- Scaled and pin bones removed (ask your fish monger to do this for you)	
4 Table spoons of mixed Coriander, & Parsley, Finely chopped	
12 cherry tomatoes, cut into ½'s	
½ red onion, peeled & finely chopped	
2 teaspoons of balsamic vinegar	
10 tablepoonsExtra virgin olive oil (or Rapeseed oil)	
Splash of Worcestershire sauce	
Splash of Tabasco sauce (optional)	
Salt & Pepper to taste	

1. In a bowl mix the olive oil, Worcestershire sauce, red onion, chopped herbs, balsamic vinegar and Tabasco together.
2. Add the cherry tomato ½'s and season to taste with salt & pepper. Add chopped herbs
3. Now prepare the sea bass. If you are leaving the skin on (I would recommend this), score the skin several times with a sharp knife. This prevents the fish from curling up when cooking.
4. Remove any fine bones from the filletts with a pair of fish tweezers or pliers.
5. Preheat a thick bottomed or non stick frying pan, over a medium heat and add a drizzle of olive oil to barely cover the base of the pan.
6. Season the fish with salt and pepper on both sides.
7. Carefully place the filletts in the pan skin side down first.
8. Cook on the skin side until the skin is golden and crispy.
9. Turn the filletts over, cook for a further 30 seconds and then remove the pan from the heat. Leave the fish in the pan for 30 seconds and it will cook through from the heat of the pan.
10. Place the fish on plates and drizzle the dressing around and over the fish.

Herb crushed potatoes

4 baking or large rooster potatoes	2 tablespoons of chopped mixed fresh herbs
½ tablespoon of lemon juice	2 tablespoons of extra virgin olive oil
Salt and pepper	

1. Prick the potatoes with a fork and place on a baking sheet.
2. Pre-heat your oven to 180° c.
3. Place the potatoes in the oven. Cook for 50-60 minutes until cooked through.
4. Remove the oven and allow to cool slightly.
5. Cut the potatoes in half and scoop out the potato into a bowl.
6. Lightly crush the potatoes with a fork.
7. Stir in the lemon juice, olive oil and chopped fresh herbs.
8. Season with salt and pepper.

Sticky toffee pudding-Serves 6-8

For me this is the ultimate comfort food dessert.
 Serve with butterscotch sauce, ice cream or whipped cream.

For the toffee pudding

- 85g soft butter
- 180g soft brown demerara sugar
- 1 tbsp golden syrup
- 2 tbsp black treacle
- 210g self raising flour, plus extra for dusting
- 2 eggs
- 1 tsp vanilla extract
- 200g pitted dates
- 1tbsp bicarbonate of soda
- 1 tsp ground ginger

1. Pre-heat your oven to 200c/180c fan/gas mark 6.
2. Grease a 23cm tin thoroughly with 25g of the soft butter, then dust the inside with flour.
3. Cream together the butter and sugar until creamy, then add the golden syrup and black treacle.
4. Beat the eggs together and gradually add to the butter and sugar mix. The mix may curdle at this stage but it will be fine once you have added the flour.
5. Add the vanilla extract and then gradually add the flour.
6. Place the dates in a sauce pan with 300ml of water and bring to the boil.
7. Place the dates and water into a blender and add the bicarbonate of soda and ground ginger/
8. Blend until smooth.
9. While the mix is hot, quickly beat into the egg mix.
10. Once the mix is combined, pour in to the prepared tin and bake for 40-45 minutes until the top is just firm to touch.
11. Remove the pudding from the oven and allow to cool, then turn out of the tin and cut into squares.

For the toffee sauce

- 50 g Unsalted butter
- 50 g dark brown soft sugar
- 50ml cream

1. Place the butter and sugar into a small saucepan.
2. Bring to the boil over a moderate heat, stirring until the sugar has dissolved
3. Carefully add the cream and reduce the heat
4. Simmer for 2-3 minutes until thickened.

4

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Spiced carrot and red lentil soup-Serves 4

- 2 tsp cumin seeds
- 2 tbsp Rapeseed oil
- 140g split red lentils
- 125ml milk
- Crème fraiche and chopped coriander to serve

- Pinch chilli flakes
- 600g carrots, peeled & coarsely grated
- 1l hot vegetable stock (from a cube is fine)

1. Heat a large saucepan and add the oil. Fry the cumin seeds and chilli flakes for 1 min, or until they start to jump around the pan and release their aromas. Add the carrot and cook for 2 minutes.
2. Add the lentils, stock and milk to the pan and bring to the boil. Simmer for 15 mins until the lentils have swollen and softened.
3. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer). Season to taste and serve with a little crème fraiche and chopped coriander

Parmesan sable biscuits with smashed chickpeas-Makes approx 52 small biscuits

- 150g plain flour
- 140g unsalted butter, chilled and cubed
- 1 egg, beaten
- 1 tbsp poppy seeds

- 100g Parmigiano Reggiano, freshly grated
- A pinch cayenne pepper
- 1 tbsp sesame seeds

1. Put the flour, cheese, butter and cayenne pepper in a food processor and pulse to make crumbs. Then add the chilli and 1-2 tbsp cold water and pulse until the mixture just comes together.
2. Remove and roll into two logs about 5cm wide. Brush each one with beaten egg and roll each in a different type of seed, until evenly coated. Wrap in clingfilm and either chill for 30 minutes or freeze for up to 1 month.
3. Preheat the oven to 200°C/gas mark 6. Using a sharp knife, cut each chilled or frozen log into 16 x 5mm-thick biscuits, to make 32 in total. Place them on 2 large, non-stick or greased baking trays, slightly spaced. Bake for 10-14 minutes (depending on whether you're cooking from chilled or frozen), until golden. Transfer to a wire rack to cool or serve warm.

For the chickpeas

- 1 x 400g tin of cooked chickpeas
- ½ red chilli finely chopped
- Juice of ½ lemon
- Olive oil

- 1 teaspoon of cumin seeds
- ½ clove of garlic, crushed
- Salt & pepper to taste

1

1. Place all of the above in a food processor or blender, and pulse to a coarse pulp

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